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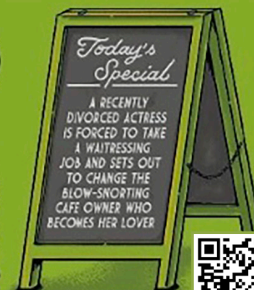
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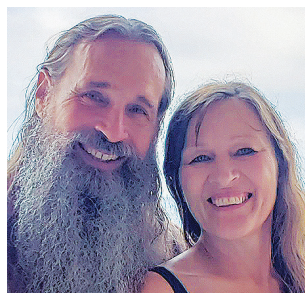
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## Journey to Wholeness

As the crisp air of autumn weaves through our days, the natural cycles of release and renewal remind us of this season's essence. Just as trees let go of their leaves to foster new growth, we too are invited to release what no longer serves us—whether emotional burdens, lingering traumas or outdated patterns that hinder our full potential.

Autumn has always been a time of reflection, a season that encourages us to turn inward and take stock of our inner landscape. The beauty of this season mirrors the process of emotional healing so perfectly. Just as the Earth prepares for rest and renewal, we can use this time to nurture our own healing, allowing ourselves to shed the past and prepare for a new chapter of growth and transformation.

As we navigate life, our experiences—both joyful and painful—shape us. Sometimes, the wounds from these experiences remain open, silently influencing our thoughts, actions and overall well-being. If left unaddressed, emotional trauma can manifest in various ways, impacting not only our mental and emotional health, but also our physical state. The stress it imposes can weaken our immune system, disrupt our sleep and even lead to chronic conditions.

In this issue, we focus on the theme of emotional healing from the inside out, exploring how we can align with the natural rhythms of

the season to support our emotional well-being. The articles within are designed to offer guidance as you embark on or continue your healing journey.

However, the power to heal lies within each of us. Healing from the inside out involves a deep, conscious effort to reconnect with ourselves, to acknowledge and release the pain we've held onto and to cultivate a sense of peace and wholeness. It is about nurturing our inner world, listening to our heart's wisdom and allowing ourselves the grace to heal.

As you read through this issue, consider what you might need to let go of to move forward. Which old emotions, beliefs or habits can you release this season to welcome the new? Just as trees trust in the process of shedding their leaves, we too can trust in the healing process. It may be challenging at times, but it is also deeply rewarding.

Remember that healing is a journey—one that unfolds at its own pace and in its own time. Be gentle with yourself as you navigate this path, and know that each step you take brings you closer to the peace and wholeness you deserve.

We hope this autumn season brings you not only the beauty of changing leaves, but also a renewed sense of clarity, peace and purpose. Thank you for allowing us to accompany you on your healing journey.

With warmest wishes for a season of release and renewal,

*Trina & John*

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## New Cutting-Edge Wellness Product Now Available: PolarAid

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## Mahabir Wellness Focuses on Empowering Women's Mental Health and Beauty

Mahabir Wellness, under the guidance of Gita Mahabir Kohlsmith, LPC, LE, is dedicated to empowering women in their journey to mental and physical well-being. Specializing in women's mental health, Mahabir Wellness



Gita Mahabir Kohlsmith

understands the complexities of balancing careers, relationships, family and personal growth. The practice uses a comprehensive wellness wheel approach to enhance decision-making skills, boost confidence and cultivate a stronger, more fulfilled life.

In addition to mental health counseling, Mahabir Wellness offers natural skin care treatments that combine traditional Caribbean botanicals with modern machine-enhanced techniques. These treatments are designed to rejuvenate and lift the skin naturally, providing a non-invasive solution to achieving a glowing complexion. Clients can expect a revitalized appearance with lifted neck, cheekbones,

eyelids and a tightened forehead, all while experiencing toxin release through lymphatic relief massage.

To further support the empowerment of women, Mahabir Wellness will host the Feminine Energy and Sensual Empowerment Workshop on September 13. This workshop is an opportunity for women to connect with their inner strength and embrace their natural power. Enrollment is now open.

*Location: 1640 Haslett Rd., Haslett. To enroll or for more information, call 517-898-8541 or visit [MahabirWellness.com](http://MahabirWellness.com).*

## Health & Wellness Fair Coming to Dearborn: Better Health Market Announces Free Event

Better Health Market Dearborn is inviting everyone to come spend the day with them from 10 a.m. to 4 p.m., on October 19, and learn how to Better your Health from the inside out. "Admission is free and open to the public," says

Better Health Community Wellness Director and Certified Health Coach Kathleen Freydl.

Better Health Market will be hosting some of their favorite local healers and wellness practitioners along with a few special guests. Many of their in-store vendors, such as Garden of Life, Nordic Naturals, Enzymedica, Mega Food, Truvani, Ancient Nutrition, New Chapter and more, will be on hand to answer important supplement questions and pass out free samples.

"We invite everyone to come and taste-test some of the many healthy snack and beverage options we offer here at Better Health; where Our name is our Mission," adds Freydl. "If you are a local wellness practitioner and would like to partner with us at this amazing community health and wellness education event, please contact me right away. Space is limited," she advises.

*Location: 22250 Michigan Ave., Dearborn. To participate as a vendor or get more information about the fair, email Freydl at [rootcausekf@gmail.com](mailto:rootcausekf@gmail.com), call 313-549-2225 or visit [BetterHealthMarket.com/event-manager](http://BetterHealthMarket.com/event-manager). See ad page 25.*

## Naturopathic School of Ann Arbor Opens Registration for Herbal Medicine Series

The Naturopathic School of Ann Arbor announces the launch of its highly anticipated Natural Medicine/Herbal Certificate Series. After a hiatus of several years, this comprehensive program is now open for registration, welcoming participants from all backgrounds. The series, designed for those eager to integrate natural medicine and



herbal knowledge into their lives, is set to begin from 9:30 a.m. to 4:30 p.m., on the third Saturday of every month starting January 2025.

Participants will engage in hands-on learning experiences, with most supplies provided. This program emphasizes holistic self-care and the prevention of disease through natural methods, aligning with the growing interest in natural health and wellness in the community. The total cost for the program is \$2,800, with an additional \$500 for lab fees. Only 14 spaces are available, ensuring personalized instruction and guidance.

The deadline for registration is December 15. Early registration is encouraged to secure a spot. Interested individuals are invited to visit the school, RSVP and take the first step toward mastering the principles of natural medicine and herbalism.

*Location: 3684 W. Liberty Rd., Ann Arbor. To register or for more information, call 734-769-7794 or visit [NaturopathicSchoolOfAnnArbor.net](http://NaturopathicSchoolOfAnnArbor.net). See ad page 29.*



For updates, monthly schedules and Zoom links, participants are encouraged to follow the Mindful Dexter Facebook page.

*Location: Dexter District Library, 3255 Alpine St., Dexter. For more information, call 734-426-4477 or visit [DexterDistrictLibrary.org](http://DexterDistrictLibrary.org).*

## Ann Arbor Clinic Specializes in Acupuncture and Laser Therapy

Integrative Healthcare Providers in Ann Arbor offers advanced integrative medicine services, emphasizing patient-centered care within a healing environment. The team at Integrative Healthcare Providers, consisting of highly skilled physicians and specialists, is dedicated to providing quality holistic care that encompasses a broad range of treatment options. Patients can choose from conventional medicine, naturopathic treatments and Traditional Chinese Medicine, including acupuncture, herbal therapies, low-level laser therapy and more.



The practice's approach to integrative medicine places the patient at the center of care, addressing the full range of physical, emotional, mental, social, spiritual and environmental influences affecting health. This comprehensive care model ensures that patients receive the most appropriate interventions from various scientific disciplines to heal illness and promote optimal health.

Integrative Healthcare Providers specializes in acupuncture and low-level laser therapy (LLLT). Acupuncture, a time-honored practice, effectively treats various conditions such as chronic pain, headaches and stress-related disorders. LLLT uses red and near-infrared light to promote tissue healing, reduce inflammation and alleviate acute and chronic pain.

*Location: 2800 S. State St., Ste. 215, Ann Arbor. To make an appointment or for more information, call 734-547-3990 or visit [IHCPaa.com](http://IHCPaa.com).*

## Mindful Dexter Hosts Free Meditation Practice at Dexter District Library

Mindful Dexter will offer a free meditation practice from 9:30 to 10:30 a.m., on September 14 at the Dexter District Library. This monthly event, which occurs every second Saturday, invites participants to start their weekend with a calming and centering experience.



The practice takes place indoors in the community room on the library's lower level. It begins with a 25-to-30 minute guided meditation, followed by a few minutes of silent meditation. The session concludes with an optional discussion on a mindfulness topic, allowing participants to share thoughts and ask questions. Attendees can stay for the discussion or leave as they wish, with ample space provided for comfortable seating.

Supported by the 5 Healthy Towns Dexter Wellness Coalition and in collaboration with the Dexter District Library and Dexter Wellness Center, Mindful Dexter typically offers three sessions every month, with one in-person and two via Zoom. The sessions, led by certified instructors, are non-religious and conducted in an open, non-judgmental environment. Mindful Dexter encourages community members to join and develop skills that help navigate the challenges of daily life.

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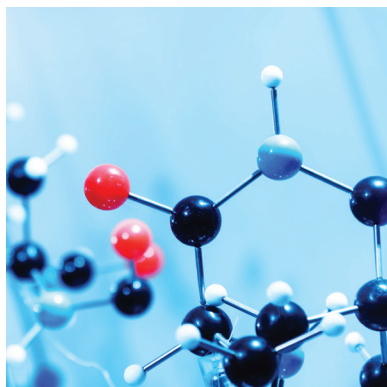




## Contrast Water Therapy for Muscles

Exercise creates microscopic tears in muscle tissues, which the body repairs, and each repetition of this cycle allows muscles to grow back stronger. Contrast water therapy (CWT) is a post-workout recovery method that involves placing sore muscles in alternating hot and cold baths in

succession. Data examined from 13 studies and published in a 2013 *PLOS ONE* review showed that CWT resulted in significantly greater improvements in muscle soreness and reduced strength loss at six, 24, 48, 72 and 96 hours after exercise, compared to rest without any other post-recovery approach. The results of CWT were comparable to other muscle recovery interventions such as cold-water immersion, warm-immersion, compression and stretching.



## Cause of Lupus Discovered

Lupus is an autoimmune disease in which the immune system mistakenly attacks healthy tissue, damaging joints, skin, muscles, connective tissue and major organs such as the kidneys, brain and heart. According to the Lupus Foundation of America, an estimated 1.5

million Americans have lupus, with nine out of 10 being women. Researchers at Northwestern Medicine and Brigham and Women's Hospital, in Boston, say they have identified the root cause of lupus. In research reported in the journal *Nature*, the scientists

identified a molecular defect that promotes the immune response in lupus, as well as a way to reprogram the lupus-causing cells to correct the imbalance in the immune response. Work continues to find a safe and effective way to deliver these molecules to the body for reprogramming.



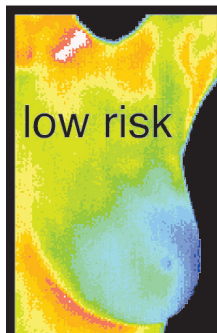
## Childhood Diet Linked to Long-Term Cognitive Health

The findings of a study on the long-term effects of diet were presented at the June 2024 meeting of the American Society for Nutrition, in Chicago. The study tracked diet and cognitive abilities of more than 3,000 adults enrolled in a British survey since 1946. The participants' diet was analyzed at five points in time, and their cognitive ability at seven points.

The researchers found that higher dietary quality was closely linked with greater cognitive ability, including working memory, processing speed and general cognitive performance. Those with the highest cognitive abilities over time ate more vegetables, fruits, legumes and whole grains, and less sodium, added sugars and refined grains. Only 8 percent of participants with low-quality diets sustained high cognitive abilities. The results of the study suggest that the cumulative effects of diet are linked to how sharp the mind is as we age.

## Microbiome and Addictive Eating

While food addiction is not considered an official diagnosis, some people have a hard time controlling the amount of highly processed foods they consume. In research published in the journal *Gut*, scientists analyzed the microbiome bacteria of mice and humans with food addictions. They found that the bacteria in mice and humans with food addictions were different from their counterparts with



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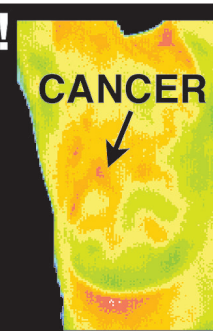
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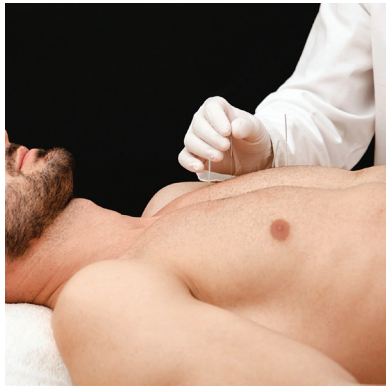
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a healthy food relationship. The food-addicted groups had lower levels of the beneficial *Blautia* bacteria and high levels of the detrimental *Proteobacteria* in their microbiomes. When the researchers increased the *Blautia* bacteria levels in the mice that had become compulsive eaters, the compulsive behavior stopped. While a correlation between the microbiome makeup and eating patterns has been identified, more research is needed to understand whether that relationship is a cause or a marker for compulsive eating.



### Standardizing Acupuncture for Erectile Dysfunction

Erectile dysfunction (ED) is estimated to affect 18.4 percent, or about 18 million, American men. Acupuncture has long been used as a treatment with fewer potential side effects than pharmaceutical treatments. Unlike conventional medicine, the

application of acupuncture and other forms of Traditional Chinese Medicine may vary by practitioner. A research article published in Karger's *Complementary Medicine Research* journal sought to reach consensus on the most effective diagnostic and treatment protocols for clinical use and for future research into the effectiveness of acupuncture. Eleven acupuncture experts named 24 acupoints and between 11 and 15 weekly treatments as an optimal regimen.



### Bloodwork Analysis Reveals Hidden Answers

The analysis of bloodwork can uncover hidden insights that improve overall health. Free webinars, led by Dr. Jena Hullman, offer guidance on understanding key thyroid panels and highlight five often-overlooked factors in blood tests. These sessions empower participants to interpret their results and take control of their well-being.

For more details, visit [BloodworkExpert.com](http://BloodworkExpert.com).

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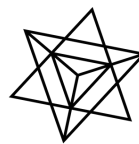


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# Organic Wines and Seasonal Events

Highlighted at Scenic FarmHouse Vineyards



**F**armHouse Vineyards, a family-owned organic winery in Petoskey, welcomes visitors to experience its boutique tasting room and a variety of events amidst the scenic Northern Michigan landscape. This quaint winery offers an intimate setting to savor a selection of wines crafted with care and passion. The tasting room provides an ideal environment for guests to relax and enjoy the fruits of the vineyard's labor.

At FarmHouse Vineyards, guests can sample five distinct wine varieties for just \$10, offering a chance to explore the unique flavors and aromas that define the vineyard's offerings. The tasting room, open Fridays and Saturdays from 1 to 7 p.m. through October 31, also features a range of artisanal cheeseboards and charming merchandise, perfect for gifts or keepsakes. The vineyard's extensive outdoor space is family-friendly, complete with bocce ball, cornhole and ample room for children to roam. Visitors can stroll through the vineyard and greet the sheep that assist with weeding, adding to the farm's unique charm.

For those looking to relax, FarmHouse Vineyards provides a cozy atmosphere with two outdoor fireplaces, where guests can enjoy their wine in comfort, regardless of the season. Friendly, leashed dogs are welcome to join in the experience. Additionally, the vineyard showcases Nancy's Lavender Collection, including fragrant bundles, goat milk soap, lavender oil, and refreshing hydro spray. These products, cultivated on-site, offer guests a way to bring the soothing essence of lavender into their homes.

FarmHouse Vineyards also offers a unique venue for events. The rustic barn and expansive outdoor space, coupled with the boutique tasting room, provide a picturesque setting for weddings, birthday parties, baby showers and more. The venue can accommodate up to 110 guests, with the option of renting a tent for additional space. Custom wine labels are available, adding a personalized touch to any event.

The vineyard hosts various events throughout the season, including wood-fired pizza nights and live music. Upcoming events feature performances by local musicians such as Jason Thelen, Shawni Thelen, Nick Visconti, and Jeff Pagel, along with pizza nights offering delicious pepperoni and Margherita pizzas. These events provide a lively and enjoyable way to spend evenings at the vineyard.

*Location: 8450 Channel Rd., Petoskey. For more information, call 231-338-6632 or visit [FhvPetoskey.com](http://FhvPetoskey.com). See ad inside front cover.*





# Personalized Fingernail and Tongue Analysis

with Dr. Chi at the Wycoff Wellness Center in East Lansing



Dr. Tsu-Tsair Chi

The Wycoff Wellness Center is proud to announce an exclusive opportunity for personalized health consultations with Dr. Tsu-Tsair Chi, a globally recognized expert in the Eastern medicine techniques of fingernail and tongue analysis. This unique method provides early indicators of both current and potential health issues, empowering individuals to take proactive steps in maintaining their well-being.

Chi will be available for individual consultations from 9 a.m. to 5 p.m., September 16 to 19, at the Wycoff Wellness Center, in East Lansing. These one-on-one sessions, offered at the affordable rate of \$40, allow participants to receive a comprehensive health analysis based on the subtle changes observed in their fingernails and tongue.

In addition to the personalized consultations, Chi will also host a free public seminar from 6 p.m. to 8 p.m., on September 17. This informative event, also taking place at the Wycoff Wellness Center, will provide attendees with valuable insights into how fingernail and tongue analysis can be used as

a diagnostic tool. He will share his extensive knowledge on how these techniques can help identify health issues before they become serious problems, offering participants a chance to learn how to integrate these practices into their own lives.

seeking to enhance their health through natural and preventive measures.

As the only stop in Michigan for Chi in 2024, the Wycoff Wellness Center invites individuals of all ages to take advantage of this chance

*Receive a comprehensive health analysis based on the subtle changes observed in the fingernails and tongue.*

Fingernail and tongue analysis is a non-invasive and insightful approach to understanding one's health. Changes in the appearance of fingernails and tongue can reveal important clues about a person's overall well-being, including indications of nutritional deficiencies, digestive disorders and other systemic conditions. Chi's expertise in this field makes this a rare and valuable opportunity for those

to gain a deeper understanding of their health. Whether through a private consultation or by attending the seminar, participants will leave with actionable information to help them achieve and maintain optimal health.

*Location: 1226 Michigan Ave., East Lansing. For more information, call 517-333-7270 or visit [WycoffWellness.com](http://WycoffWellness.com). See ad on back cover.*







# Stopping the Trauma Cycle

## Mind-Body Healing Strategies

by Carrie Gauthier



**T**rauma can strike anyone at any time. Loss, heartbreak, abuse, violence, displacement, accidents, disasters, health problems—the list of possible traumas is endless. According to the National Council for Behavioral Health, 70 percent of adults have experienced at least one traumatic event in their lives, and more than a third of youth exposed to community violence experience post-traumatic stress disorder (PTSD). Trauma is a factor in most behavioral health and substance-use disorders. While trauma may be part of our lives, it does not need to define who we are or how we enjoy our lives. Healing from trauma can take time, but it is within reach.

### Health Effects

Left untreated, trauma or repeated trauma has a wide range of short- and long-term effects on physical and mental health. Trauma increases stress and keeps the fight-or-flight response on elevated alert, resulting in the release of chronically high amounts of cortisol into the body. Initial reactions may include exhaustion, numbness, sadness, anxiety and dissociation. Excessive cortisol increases the risk of serious health conditions such as heart disease, digestive problems, muscle tension, headaches, sleep issues, weight gain, irregular periods, anxiety, depression and cognitive challenges.

### Cycle of Addiction

Trauma is a common precursor to addiction, because individuals often turn to substances as a coping mechanism for their emotional pain. The use of drugs or alcohol gives trauma sufferers a reprieve from their chronic stress by producing pleasure and reducing negative feelings, and may even slow their central nervous system. Untreated, trauma can lead to a vicious cycle where one condition feeds the other.

### Holistic Healing

While medications such as antidepressants and antipsychotics can be effective in treating trauma symptoms, they may fall short in addressing the root cause. An integrative approach to trauma healing adds evidence-based therapies to tackle the underlying causes and promote long-term recovery.

### Integrative Psychiatry

James Greenblatt, a board-certified functional and integrative psychiatrist and founder of Psychiatry Redefined, believes in a broader view of psychiatric care. “For example, if our patient is suffering from depression and we were to tell them they should exercise because it’s the best antidepressant we have, that could come off as incredibly insensitive, ruin our chances of gaining their trust and add to their feelings of helplessness and isolation. Alternatively, if we show them how to recover their motivation and energy, that is the way to begin the relationship.”

“Our bodies are different, and our genetics are different. How we react to stress and trauma are different too. I start with lab and genetic tests to see if there’s something I can optimize biologically. Then we supplement any nutritional deficiencies to restore their functionality and increase their energy. These tests also partially help inform the way we design the complementary healing modality plan. This is the piece that gets missed a lot,” says Greenblatt, adding that he tests depressed patients for a vitamin B12 deficiency, which may contribute to depression, anxiety and even psychosis.

### Finding a Safe Place

Children are particularly susceptible to trauma, and an adverse childhood experience (ACE) can pose lifelong impacts. According to the U.S. Centers for Disease Control and Prevention, 64 percent of adults say they have had at least one ACE, and 17 percent say they had four or more by age 18. ACEs can rob kids of the magic of childhood, disrupt their development and lead to maladaptive behaviors in adulthood.

Aimie Apigian, a double board-certified physician in preventative and addiction medicine and founder of Trauma Healing

Accelerated, started her work with attachment and trauma by working with adoptive families to help their children with attachment insecurity. She explains that childhood traumatic experiences can result in “underlying mistrust—literally wiring a child’s nervous system, brain and body for survival—and overwhelm connection, security and safety.”

Somatic therapy is one modality that Apigian integrates to assist individuals on their trauma-healing journey, helping them connect with their bodies, learn to understand its messages and resolve stored trauma. Apigian explains that just 10 minutes of sequential somatic exercises over 21 days can restore a sense of safety. “For each person, the specific improvement or the degree of improvement will be different, but there will be an improvement as soon as we shift our biology into one of safety rather than of danger.”

By following an essential sequence to safely address stored trauma through somatic exercises, Apigian says people “experience 30 percent less depression, 30 percent less anxiety, 30 percent fewer digestive issues, 30 percent improvement in energy and a 60

percent increase in their feelings of safety. The essential sequence has to start with creating a felt sense of safety, then a sense of support and then opening up while pacing our process. It is such a powerful way to empower them for their lifetime.”

### Reaching Our Inner Child

Inner-child work can help develop a dialogue to reach the place where we hold past emotions, memories, beliefs, hopes and dreams. “I tell people when they’re starting this journey, if they put their hands on their belly above and below their bellybutton and just let the hands be there, that will calm down an aspect of us so that it begins to feel safe. It’s called the basic self,” says Dr. Lin Morel, a trauma management specialist and founder of Beyond Words Group. “It’s an aspect of our consciousness that is roughly 5 years old, if you were to give it an age. So it gets very fearful, and if it’s not loved, it will act out.”

According to Morel, embracing the basic self can help people out of some of the darkest corners of trauma. No stranger to childhood and adult trauma herself, she empowers her patients with the W.I.N. protocol (willingness, intention, neutrality),



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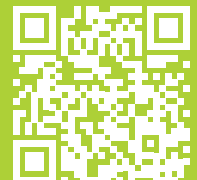
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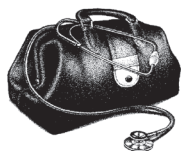
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## Feature Story



which offers them a fresh approach to handling challenges while developing their intuition and regulating emotions as a neutral observer.

### Mindful Self-Regulation

There is growing evidence that mindfulness-based practices such as meditation and yoga aid in shifting focus from the negative to the positive aspects of experiences. These techniques calm the nervous system and empower individuals to take control of their narratives and become more resilient.

A 2017 review of trials involving 650 trauma sufferers that underwent mindfulness-based stress reduction, yoga and mantra repetition was published in *Psychological Trauma: Theory, Research, Practice, and Policy*. The researchers concluded that meditation was an effective treatment for PTSD and depression symptoms as compared to the control groups.

A 2022 systematic review of 149 records and 11 peer-reviewed articles published in the *International Journal of Environmental Research and Public Health* found that those that practiced yoga had an increased sense of self-compassion, felt more centered, developed coping skills, had a better mind-body relationship and improved their relationships with others. Participants also experienced a feeling of safety in yoga classes that included others recovering from trauma.

### Hypnotherapy

Hypnotherapy is a mind-body practice that uses a trance-like state of deep relaxation to treat psychological and emotional disorders. Guided imagery, progressive relaxation and suggestion therapy are used to explore thoughts, feelings and memories that may be hidden from the conscious mind. Self-hypnosis techniques are also taught for ongoing support, empowering individuals to continue their healing outside of therapy sessions. A 2016 meta-analysis published in the *International Journal of Clinical and Experimental Hypnosis* concluded that hypnosis is effective in alleviating PTSD symptoms.

"A miracle, simply, is a shift in the mind. Once you find the root cause of the problem in the mind and bring that to consciousness, we're shifting from ego to true self, from fear to love, from illusion to truth," says Matthew Brownstein, executive director of the Institute of Interpersonal Hypnotherapy. "Through hypnotherapy, that shift is actually remarkably easy. You can shift as quickly as I can snap my fingers. So, basically, when you change your mind, everything changes. When a decision is made, it stays in place until you choose again."

*Carrie Gauthier is a writer in the healing arts with interests in clinical and transpersonal hypnotherapy.*

# Unlock Emotional Freedom:

with Wildfire Dreams Equine Therapy

**W**ildfire Dreams Equine Gestalt Wellness, whose mission is to positively change lives by creating connections in a sacred place of healing that promotes wellness, balance and harmony, offers a unique healing experience, blending the power of gestalt coaching with the intuitive nature of horses. This program, located at Schön Frieden Farm, is dedicated to helping individuals overcome emotional struggles through a deep connection with horses, allowing them to release pain, trauma and limiting beliefs that may be holding them back from living their best lives.



*Founder Carolyn Stollenfels and Ella*

Founded by Carolyn Stollenfels, an experienced horse owner, trainer and certified Equine Gestaltist, Wildfire Dreams emerged from a profound personal journey. Stollenfels discovered the therapeutic power of horses during a challenging time in her life, where one of her horses helped her release deep-seated trauma. This experience led her to explore the healing relationship between horses and humans, ultimately guiding her to Touched By A Horse, a certification program focusing on gestalt coaching with horses.

At Wildfire Dreams, the approach is distinct from other equine therapy programs. The horses are not merely tools, but active participants in the healing process. Each session begins with the client entering the barn, where the horses are free to roam in and out as they please. This freedom allows the horses to choose whether they want to work



*Reed (R) and Javi (L)*

with a particular client. The chosen horse, or sometimes two, then collaborates with Stollenfels to address the client's emotional needs. Through keen observation of the horse's responses and the client's somatic cues, Stollenfels guides the individual through a process that uncovers and addresses deep emotional blocks.

This method of healing is particularly powerful because it leverages the horses' natural desire for harmony within the herd, which includes humans who enter their space. Horses are highly intuitive creatures, capable of sensing emotions and responding in ways that facilitate emotional release and healing. The result is a transformative experience that allows clients to move past unresolved issues, leading to a life filled with more joy and ease.

In addition to one-on-one sessions, Wildfire Dreams offers Creative Healing Circles, where participants gather in the barn, surrounded by horses, to engage in deep emotional work in a supportive and nurturing environment. These circles encourage attendees to explore their emotional landscapes and receive support not only from Stollenfels and the horses but also from fellow participants.

Looking ahead, Stollenfels plans to expand her offerings by introducing retreats at Schön Frieden Farm. These multi-day experiences will provide a peaceful sanctuary for individuals seeking deeper healing and connection with themselves, others and the natural world. The Creative Healing Circles will also continue to be a key part of Wildfire Dreams' offerings, especially as the seasons change, providing clients with a space to embrace these transitions, both internally and externally.

*Location: Schön Frieden Farm, Charlevoix. For more information, call 231-758-2277 or visit [WildfireDreams.com](http://WildfireDreams.com).*





# Embracing the Art of Inclusiveness Through Tai Chi and Qigong:

Master Wasentha Young's Philosophy



At the Peaceful Dragon School, in Ann Arbor, the ancient practices of tai chi and Qigong are more than just physical exercises; they are gateways to a profound journey of self-discovery and holistic well-being. Led by Master Wasentha Young, a seasoned practitioner with decades of experience, the school is a haven for those seeking to balance their physical, emotional and spiritual selves. The teachings at the Peaceful Dragon School are deeply rooted in tradition, yet they are also dynamically adaptive, fostering a unique approach that resonates with contemporary life.

Master Young's philosophy is centered on inclusiveness—a principle that permeates every aspect of her teaching. She believes that each student brings their own intelligence and intuition to the practice, and this individuality should be recognized and nurtured. "Whenever I'm teaching, I'm always including the perspective of the people who are participating," she explains. This approach allows students to engage with tai chi and qigong in a way that is both personal and meaningful.

An example of this inclusiveness can be seen in how Master Young addresses the nuances of movement within tai chi. She observes that a student's body often intuitively follows a sequence, even if it deviates from the prescribed form. Rather than correcting these movements outright, she acknowledges the intelligence behind them, guiding students to refine their practice while honoring their natural inclinations. This method helps students remain present and mindful, allowing them to fully experience the moment rather than being swept away by the momentum of their movements.

Master Young's inclusive approach is deeply influenced by her own educational journey, which diverged from the conventional path. After experiencing the limitations of traditional education, she chose to attend Goddard College, in Vermont, an alternative institution that encouraged students to explore their personal interests and integrate academic rigor into their passions. This experience profoundly shaped her teaching methodology. At Goddard, she was asked, "What do you want to learn? What are you interested in? How are you going to learn that?" These questions not only guided her academic pursuits, but also

laid the foundation for her inclusive teaching philosophy.

Her time at the Institute of Transpersonal Psychology further enriched her understanding of the mind-body-spirit connection, a cornerstone of her practice. Here, Master Young delved into the intricacies of how spirituality shapes perception and thought, and how these elements are interwoven with physical practice. This holistic view is reflected in her teaching, where she encourages students to explore what tai chi and qigong mean to them personally and how these practices can be applied to their lives and communities.

Certification at the Peaceful Dragon School is not merely about mastering forms; it's about internalizing the principles and creating something unique that resonates with the student's own mind and heart. Master Young inspires her students to engage with the material creatively, allowing them to contribute something new to the tradition while respecting its origins. This process is not just about preserving the art, but also about evolving it to meet the needs of today's world.

For example, one of her students in Ann Arbor created a gentle qigong routine that integrates elements from the Wild Goose Qigong form, the Five Element Theory, and self-acupressure. This innovative approach is designed to help people harmonize with the changing seasons and manage their well-being in a way that is accessible to a broader community, including younger generations. Another student, from Wisconsin, focused on teaching the Five Animal Frolics to children, emphasizing the connection between these movements and the body's internal energy flow. These examples illustrate how Master Young's teachings inspire students to explore and expand the boundaries of tai chi and qigong.

Master Young's dedication to inclusiveness also extends to her interactions with students. She learns from their insights, allowing their perspectives to shape her teaching. One student, while discussing the process of building new memories through practice, helped her appreciate the need for gentleness in teaching. This reciprocity in learning reflects the deep respect she has for her students' experiences and the collaborative nature of her approach.

The journey of tai chi and qigong is one of continuous discovery, much like the ongoing exploration of the natural world. Master Young emphasizes that there is always more to learn and that the practice is ever evolving. She encourages her students to watch their egos, to avoid creating merely for the sake of being different, but to truly embody the spirit, mind and body connection that tai chi and qigong offer.

Master Young's philosophy and teachings at the Peaceful Dragon School are a testament to the power of inclusiveness, mindfulness and continuous growth. By fostering an environment where students can explore and develop their unique perspectives, she ensures that these ancient arts remain vibrant and relevant in the modern world.

*Location: 1945 Pauline Blvd., Ste. B, Ann Arbor. To register for classes or for more information, call 734-741-0695 or visit [PeacefulDragonSchool.com](http://PeacefulDragonSchool.com). See ad page 29.*

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# Marvelous Mushrooms

## Celebrating a Culinary Powerhouse

by Marlaina Donato



**S**eptember is National Mushroom Month, and with it comes bountiful inspiration to plate up some earthy goodness. Whether we follow the nearest woodland path to forage or visit the local market to stock up on our favorite fungi, autumn is the perfect time to appreciate the delicious world of edible mushrooms. From creamy vegan risotto to golden soups, or from daring sautés punctuated with chiles to savory broths, consuming more mushrooms benefits our palate and well-being.

### Health Benefits

The Mayo Clinic reports that mushrooms help curb high blood pressure and protect us from neurodegenerative diseases such as Alzheimer's and Parkinson's. Most mushrooms available at the market are a good source of B vitamins and minerals, especially selenium-rich creminis and vitamin D-rich maitakes.

A 2021 Penn State study published in *Advances in Nutrition*

involving data of more than 19,500 cancer patients over several decades reveals that individuals consuming one-eighth to one-quarter cup of mushrooms daily had a 45 percent lower risk of total cancer compared to those that did not. It is believed that the antioxidants ergothioneine and glutathione—present in all mushrooms—contribute to beneficial metabolic processes in the body. Other research is focused on a correlation between white button mushroom consumption and a lower risk of prostate and breast cancer.

### Off the Trail and Into the Kitchen

Mushrooms have been used as both nourishment and medicine for ages, but their versatility in the kitchen is what delights Sharon Palmer, a plant-based dietician and author of *California Vegan* and *The Plant-Powered Diet*. “You can sauté or grill them as a side dish, stir them into soups and stews, add them to grain and pasta dishes, chop them into salads or bowls and include them in casseroles,” she advises. “Use finely chopped mushrooms in lentil patties, veggie



burgers, veggie ‘meat’ balls and veggie loaves. You really can’t detect their texture, but you get that rich, savory flavor in the recipe.”

Palmer favors certain commonly available varieties: shiitake and trumpet mushrooms for their reliable, firm texture; oyster mushrooms for their delicate softness suited for stir fries; and petite enoki mushrooms for a crisp addition to salads. To obtain memorable flavor, gourmet varieties such as porcinis can be purchased dried and easily rehydrated for soups and sauces.

On the wilder side, foraged mushrooms such as golden chanterelles are an annual favorite among connoisseurs. “The mossy, old-growth forests of the Pacific Northwest are some of my favorite fall destinations,” says Langdon Cook, a Seattle-based forager and author of *The Mushroom Hunters*, who recommends taking a foraging class or joining a mycological society for hands-on safety tips and in-the-field learning.

Cook notes that mushrooms are ideal for vegetarians and vegans because many varieties are firm in texture and pair well with vegetables. “Black trumpet or yellowfoot mushrooms take a basic dish of creamy polenta to the next level, and most grains and pastas will benefit from the addition of fungi,” he asserts. “Try a dry sauté method: heating the mushrooms in a bare pan until they release their water, cooking off that liquid and then adding butter or oil near the end of the cooking process to brown them.”

While mushrooms can dress up gourmet dishes, they are surprisingly quick and easy for everyday eating, too. “You don’t need to fuss over mushrooms too much,” Palmer points out. “Just rinse in water and pat dry; then you’re ready to cook with them. My favorite way to cook mushrooms is to slice and sauté them in a small amount of olive oil with garlic and lemon as a side dish.”

Cook advises, “Don’t try to cook mushrooms too fast or over high heat. Medium heat is fine. Take your time. Mushrooms are mostly water, and you need to cook off that liquid content to give them a nice sear.” He underscores the importance of cooking wild mushrooms fully to prevent digestive upset, especially morels, which “absolutely cannot be served raw or undercooked.”

Palmer concurs, saying, “Eating raw mushrooms may cause mild GI [gastrointestinal] issues in some people; cooking the mushrooms typically eliminates this issue.” She also suggests covering the pot or pan when cooking them in soups or stews to lock in flavor and nutrition.

For Cook, the magical lure of mushrooms goes beyond the tastebuds. “To me, morels mean springtime trips to woodlands reawakening from winter slumbers with birdsong and snowmelt, and porcinis mean long summer hikes to subalpine meadows in the Rockies and North Cascades,” he says.

*Marlaina Donato is an author, painter and recording artist. Connect at BluefireStudio.art.*

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## Vegan Pot Pie With Sage, Lentils and Mushrooms

YIELD: 6 SERVINGS

### FOR LENTIL MUSHROOM FILLING:

1 Tbsp extra-virgin olive oil  
 1 medium red onion, diced  
 2 garlic cloves, minced  
 1 8-oz sweet potato, peeled, cubed  
 4 oz fresh green beans, chopped  
 8 oz mushrooms, sliced  
 1 cup brown or green lentils, dried  
 2 Tbsp fresh sage (or 1 Tbsp dried)  
 2 tsp thyme  
 1 Tbsp whole-grain prepared mustard  
 ½ tsp black pepper  
 2 cups vegetable broth  
 ½ cup water  
 2 Tbsp gluten-free soy sauce  
 ¼ cup plain, unsweetened, plant-based milk  
 2 Tbsp flour  
 Salt, to taste

### FOR SAGE PASTRY CRUST:

1 cup all-purpose flour  
 ½ cup whole wheat flour  
 ¼ tsp salt (optional)  
 2 Tbsp fresh sage, chopped (or 1 Tbsp dried)  
 ⅓ cup vegan butter  
 4-5 Tbsp ice-water

Heat olive oil in a heavy pot or saucepan over medium heat. Add onion and garlic and sauté for 5 minutes. Add sweet potato and green beans and sauté for 3 minutes. Add mushrooms and sauté for 2 minutes. Add lentils, sage, thyme, mustard and black pepper and sauté for 1 minute. Add vegetable broth, water and soy sauce and cook for 15 minutes.

Mix plant-based milk with flour until smooth. Stir into vegetable mixture and cook until thickened and bubbling, about 5 minutes. Season with salt, as desired. Transfer filling into a deep pie dish or round casserole that fits 1½ quarts.

While filling is cooking, make the sage pastry crust. Preheat oven to 425° F. In a medium bowl, mix all-purpose and whole-wheat flours and salt. Mix in sage. Cut in vegan butter with a fork until



Courtesy of Sharon Palmer

it makes a crumbly texture. Add cold water, 1 tablespoon at a time, and mix using clean hands until it creates a firm dough that holds together but is not sticky. Do not overwork dough, as it will get tough.

Turn out pastry dough on a floured surface and roll out with a pastry roller to create a circle about 11 inches in diameter. Place the pastry over the top of the savory pie and crimp the edges with your fingers to secure the pastry dough to the top of the dish. Cut several vents with a knife along the pie.

Place the savory pie on a baking sheet (in case it boils over) and place in the oven. Bake for about 20 to 22 minutes until golden brown. Remove and serve.

To make this recipe gluten-free, use corn starch instead of flour and gluten-free flour blend instead of all purpose and whole wheat flour.

Recipe and photo courtesy of Sharon Palmer.



Courtesy of Sharon Palmer

## Mushroom Bomb Lentil Pasta

**YIELD: 6 SERVINGS**

- 1 8-oz package lentil pasta
- 3 Tbsp truffle oil or extra-virgin olive oil
- 1 lb mixed mushrooms (enoki, shiitake, cremini, hen of the woods, maitake, oyster), coarsely sliced
- 2 cloves garlic, minced
- 1 tsp chopped fresh or dried thyme
- 1 cup dry white wine
- Sea salt, to taste
- Freshly ground black pepper, to taste

Cook lentil pasta in boiling water according to package directions. Rinse and drain.

While pasta is cooking, heat truffle oil in a large sauté pan and add mushrooms, garlic and thyme. Sauté for 3 minutes. Add white wine and continue sautéing for an additional 5 minutes to reduce liquid and make a more concentrated sauce. Add cooked pasta to mushroom mixture and toss together. Season as desired with salt and black pepper. Serve immediately.

*Recipe and photo courtesy of Sharon Palmer.*

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# The Healing Power of Pet Adoption and Fostering

On the outskirts of Ann Arbor, near the beautiful Matthei Botanical Gardens and the sleepy town of Dixboro, the Humane Society of Huron Valley (HSHV) serves as more than just an animal shelter; it's a place where lives are transformed. Adopting or fostering a pet from HSHV is not merely an act of kindness; it's a profound journey that nurtures both the soul and body.

## A New Beginning for Animals and Humans Alike

Opening one's heart and home to a companion animal provides more than shelter; it offers them a new lease on life. For those who enjoy travel or are often away from

home, HSHV offers fostering opportunities ranging from days to months, making it possible to care for and help a pet, even with a busy lifestyle. Fostering saves lives by offering temporary, loving environments to pets who require special care, such as "bottle-baby kittens" or dogs needing individualized attention. This compassionate act not only changes the animal's life, but also enriches the foster caregiver's life in unexpected ways. Many fosters report the transformative impact their foster animals have on them.

## Wellness Benefits Rooted in Nature

The bond between humans and animals is as ancient as time, offering a natural remedy

for many modern ailments. Scientific research continues to reveal deep connections between companion animals and human health:

#### **Stress Reduction and Emotional Balance:**

The simple act of petting a dog or cat can lower stress levels, reduce anxiety and foster a sense of calm. Studies from the National Institutes of Health show that pets can significantly reduce cortisol, the body's primary stress hormone.

**Heart Health:** Owning a pet is linked to better heart health. The rhythmic act of walking a dog or the soothing presence of a cat has been associated with lower blood pressure and a reduced risk of cardiovascular issues, as supported by the American Heart Association.

**Deepening Social Connections:** Pets naturally draw people into the world, whether through daily walks, vet visits or community events. These interactions help foster social bonds and reduce feelings of isolation.

**Help for Children:** Growing up with pets can bolster a child's immune system and reduce the likelihood of developing allergies, according to the *Journal of Pediatrics*. Pets may also



aid children on the spectrum or those with other social challenges in developing social skills and more.

#### **A Ripple Effect of Compassion**

Adopting or fostering from HSHV not only changes one life, it creates a ripple of positive energy that extends far beyond the home. Each adoption or foster placement opens up resources, enabling HSHV to help even more animals in need, thus amplifying the impact on the community.

#### **Embrace the Journey**

Welcoming a pet into one's life is an invitation to a journey of love, connection and healing. It is a step toward a more balanced, healthy life and a brighter future for a deserving animal. Exploring the possibilities of adoption or fostering with the Humane Society of Huron Valley allows the natural bond between humans and animals to guide the path to wellness.

*For more information, call 734-662-5585 or visit [hshv.org](http://hshv.org). See ad page 27.*

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## WEDNESDAY, SEPTEMBER 4

**Workday at Sharon Hills Preserve** – 10am-12pm. Volunteers will help remove invasive species autumn olive. Sharon Hills Preserve, Sharon Hollow Rd, Sharon. LegacyLandConservancy.org.

**Film Screening: *The Smell of Money*** – 7:30pm. Film follows environmental advocates who take on large-scale animal agriculture to protect their health, community and the environment. Michigan Theater, 603 E Liberty St, Ann Arbor. VegMichigan.org.

## THURSDAY, SEPTEMBER 5

**Virtual Book Discussion** – 6-7:30pm. *The Book of Hope: A Survival Guide for Trying Times*, by Jane Goodall and Douglas Abrams. More info: VegMichigan.org.

## FRIDAY, SEPTEMBER 6

**Community Sound Bath** – 7-8:30pm. Join Rob Meyer-Kukan for this sound bath meditation where he will use singing bowls, gongs and more to create a gentle soundscape perfect for deep relaxation and peace. \$40. 7 Notes Natural Health, 3830 Packard Rd, Ste 120, Ann Arbor. Required registration: 248-962-5475 or 7NotesNaturalHealth.as.me.

## SATURDAY, SEPTEMBER 7

**Workday at Sharon Hills Preserve** – 10am-12pm. Volunteers will help remove invasive species autumn olive. Sharon Hills Preserve, Sharon Hollow Rd, Sharon. LegacyLandConservancy.org.

**Cactus and Succulent Plant Show** – Sept 7-8. 10am-4pm. Annual show and sale featuring a wide variety of exotic plants, including unique cacti and succulents. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

**Azad Storytelling: Interactive Karagöz Puppetry Experience** – 7-8:30pm. A live storytelling performance. A woman's magical, multi-generational, healing journey from the Armenian Genocide to the Syrian war, weaving Karagöz shadow puppetry, traditional Hakawati storytelling and indigenous Middle Eastern music. Free. Keene Theater, E Quad, 701 E University Ave, Ann Arbor. Forms.gle/ewWZDHQBwm5VPfzW7.

## SUNDAY, SEPTEMBER 8

**Monarch Migration Festival** – 1-4pm. Your advance tickets (\$5 each) allow you to be a part of the main event: releasing your very own monarch butterfly or sponsoring a butterfly for us to release in our pollinator garden. All butterflies will be tagged to be included in the large-scale community science project called

Monarch Watch. Leslie Science & Nature Center, 1831 Traver Rd, Ann Arbor. Discover ScienceAndNature.org.

## TUESDAY, SEPTEMBER 10

**Ann Arbor Backyard Beekeepers Meeting** – 7-9pm. The History of Beekeeping with Dr. Malcom Sanford. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

## WEDNESDAY, SEPTEMBER 11

**Workday at Sharon Hills Preserve** – 10am-12pm. Volunteers will help remove invasive species autumn olive. Sharon Hills Preserve, Sharon Hollow Rd, Sharon. LegacyLandConservancy.org.

### MARK YOUR CALENDAR

#### SEPTEMBER 16-19

**Dr. Chi Fingernail and Tongue Analysis Clinics** – Monday, September 16, through Thursday, September 19. Chi is a world-renowned expert in the Eastern medical art of fingernail and tongue evaluation. He travels the globe teaching clinicians and evaluating patients with many medical conditions. All visits are by appointment only. Call to schedule your appointment. Wycoff Wellness Center, 1226 Michigan Ave, East Lansing. 517-333-7270.

## THURSDAY, SEPTEMBER 12

**Introduction to Micro-Current Neurofeedback (MCN)** – 6-7pm. Learn about the healing powers of MCN for anxiety, depression, burnout, insomnia, chronic pain, ADHD, OCD, TBI, memory and much more. With Stacy Stephens. Free. Alchemy Holistic Collective, 105 E Middle St, Chelsea. 734-210-1922. NewMoonNeuro.com.

## FRIDAY, SEPTEMBER 13

**Quartz Personalities Workshop** – 5-6:30pm. Hands-on workshop. Did you know that crystals have different properties and uses? In this class, attendees will see and hold various crystal attributes. Well-behaved children welcome. \$25. Transcendence Family Wellness Center, 42560 Vandyke, Sterling Heights. RSVP by Sept 10: 586-475-1975. Tinyurl.com/y69embpm.

**Finding your Feminine Energy & Sexual Awakening** – 6:30-8:30pm. Event encourages participants to explore and empower their creativity through a blend of Muj-

dra East Indian dance, creative painting and meditation. Mahabir Wellness, 1640 Haslett Rd, Ste 100, Haslett. 517-203-1113. MahabirWellness.com.

**The RFD Boys** – 8pm. Legends of Michigan Bluegrass. \$16, \$15/students, seniors, Ark members. The Ark, 316 S Main St, Ann Arbor. TheArk.org.

## SATURDAY, SEPTEMBER 14

**Workday at Beckwith Preserve** – 10am-12pm. Volunteers will help remove invasive species autumn olive. Beckwith Nature Preserve, 2792 Morton Rd (M-106), Stockbridge. LegacyLandConservancy.org.

## SUNDAY, SEPTEMBER 15

**Stewardship Workday:** Argo Nature Area – 9am-12pm. Help cut invasive shrubs. Tools and know-how provided. Free. Meet on Longshore Dr at Amherst Ave, Ann Arbor. Pre-registration required: Tinyurl.com/y83a2brx.

**Kirk Franklin Concert** – 7pm. Kirk DeWayne Franklin is an American gospel singer, choir director, record producer and rapper. He is best known for leading urban contemporary gospel and Christian R&B ensembles such as The Family, God's Property and One Nation Crew. His accolades include 20 Grammy Awards. Little Caesars Arena, 2645 Woodward Ave, Detroit. Tinyurl.com/2vb74j6h.

## WEDNESDAY, SEPTEMBER 18

**Workday at Sharon Hills Preserve** – 10am-12pm. Volunteers will help remove invasive species autumn olive. Sharon Hills Preserve, Sharon Hollow Rd, Sharon. LegacyLandConservancy.org.

**VegMichigan's Monthly Dinner Club** – 5-6:30pm. Enjoy a delicious, traditional Salvadoran meal. Enjoy plant-based tamales, sides and beverages, and even a vegan Mexican hot chocolate. Pilar's Tamales, 2261 W Liberty St, Ann Arbor. VegMichigan.org.

## THURSDAY, SEPTEMBER 19

**Skin Care Relates to Mental Health Lunch** – 12-1:15pm. Gain deeper understanding and actionable advice on maintaining both skin health and mental well-being. Mahabir Wellness, 1640 Haslett Rd, Ste 100, Haslett. 517-203-1113. MahabirWellness.com.

**The Beauty and Benefits of Hedgerows Webinar** – 7-9pm. With Heather McCargo. Hosted by Wild Ones National. Ann Arbor. WildOnes.org.

## SATURDAY, SEPTEMBER 21

**Winter Medicine Making** – 9:30am-2:30pm. A hands-on class, from farm-to-table in winter medicine making, to

address common winter maladies involving immune system, respiratory, virus concerns, ear nose and throat. Leave with various formulations to use and try, with all the recipes. \$150. Ann Arbor School of Massage, Herbal & Natural Medicine, 3684 W Liberty Rd, Ann Arbor. 734-769-7794. NaturopathicSchoolOfAnnArbor.net.

**Workday at Johnson Preserve** – 10am-12pm. Volunteers will help remove the woody invasive species autumn olive and common buckthorn. Johnson Preserve, 4595 Platt Rd, Ann Arbor. LegacyLand Conservancy.org.

**Equinox Celebration Labyrinth Walk & Sound Bath** – 1-2pm. With Veriditas-Certified Advanced Labyrinth Facilitator Rob Meyer-Kukan. Celebrate the equinox by enjoying 30 mins of relaxing and soothing tones of singing bowls on the labyrinth. \$10 donation. EHM Senior Solutions, 400 W Russell St, Entrance A, Saline. 734-295-9292. Register: Forms.gle/ysnrhsDM9okaZtzr7.

## SUNDAY, SEPTEMBER 22

**Entheofest** – 1:11-4:20pm. Celebrates sacred plant medicines and fungi. Featuring local leaders, activists and entertainers from around the state and country brought to you by Student Association for Psychedelic Studies (SAPS). Afterparty

## MARK YOUR CALENDAR

### TUESDAY, SEPTEMBER 17

**Dr. Chi Fingernail and Tongue Analysis FREE Seminar** – 6-8pm. Chi is a world-renowned expert in the Eastern medical art of fingernail and tongue evaluation. He travels the globe teaching clinicians and evaluating patients with many medical conditions. Please reserve your seat by contacting the office. Wycoff Wellness Center, 1226 Michigan Ave, East Lansing. 517-333-7270.

following the conclusion of Entheofest at Rabbit Hole with music by Dedicated and lots of food and fun. Free. Harlan Hatcher Library, 913 S University Ave, Ann Arbor. Facebook.com/entheofest.

## WEDNESDAY, SEPTEMBER 25

**Iron Creek Preserve Workday** – 3-5pm. Volunteers will help remove the woody invasive species autumn olive and common buckthorn. Iron Creek Preserve, 11703 Noggles Rd, Manchester. LegacyLand Conservancy.org.

**Open Stage** – 8pm. Take your music to the masses. Open Stage nights offer supportive audiences and a terrific space. Performers have 8 mins (or 2 songs) each to do their thing. \$3, \$2/members, seniors, students. The Ark, 316 S Main St, Ann Arbor. TheArk.org.

## FRIDAY, SEPTEMBER 27

**Stewardship Workday:** Hickory Nature Area – 1-4pm. Help remove invasive shrubs. Tools and know-how provided. Free. Meet at the park entrance on Dillon Dr, Ann Arbor. Pre-registration required: Tinyurl.com/2p87k9mk.

**Fireside Fun** – 6:30-8:30pm. There's nothing quite as relaxing as sitting around a campfire, roasting marshmallows and swapping stories. Free. Leslie Science & Nature Center, 1831 Traver Rd, Ann Arbor. DiscoverScienceAndNature.org.

## SATURDAY, SEPTEMBER 28

**Iron Creek Preserve Workday** – 10am-12pm. Volunteers will help remove the woody invasive species autumn olive and common buckthorn. Iron Creek Preserve, 11703 Noggles Rd, Manchester. LegacyLandConservancy.org.

# SAVE THE DATE ► SATURDAY OCT 19TH, 10AM-4PM FREE HEALTH & WELLNESS FAIR



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## DAILY

**Ayurveda For Us** – Provides online consultations, where clients receive personalized guidance to address chronic health issues and reclaim their vitality. With a focus on diet, herbalism, mental and spiritual healing and lifestyle adjustments, Ayurveda offers a holistic approach to wellness. To schedule a free 30-min discovery call: Calendly.com/d/4dc-gws-6fw/discovery-call. For more info & appt: AyurvedaFor.us.

**Herbs for the Southeast Michigan Garden** – Learn how to grow and use 20 culinary and medicinal herbs suited for the southeast Michigan garden. Will cover preservation techniques, basic medicine making and crafting herbal oils, poultices, infused honeys and vinegars plus more. Free. More info & register: CastleRemedies.podia.com.

**Introduction to Homeopathy Class** – Learn how to choose remedies and how to use them. Class contains nearly 4 hrs of pre-recorded videos. Downloadable resources. \$75. More info & register: CastleRemedies.podia.com.

**Holistic Health Consultation** – 9am-7pm. Online or phone consultation consultations take about 1 hr and are provided by Certified Xolar Vibronics Holistic Educator and Life Coach Ikaro Phoenix. Be introduced to various techniques, elements or holistic ways of viewing the situation which help the soul to be reeducated and empowered to deal with problems and eliminate them from their root. \$150. For appt: LivingWisdomCoaching.earth.

**Pets & Parents Reiki Session** – 9am-9pm. Sessions for wellness, critical care and end-of-life transition. Actively experience the use of reiki touch with your pet. Learn additional tips for helping your pet. Virtual 40-min appt. \$20. 231-590-0001. TCDesoto@gmail.com.

**The Best Affirmation for You** – 10am. Learn about the power of affirmations and how they can bring about positive events and circumstances. Call for a 10-15-min consultation with a licensed professional counselor to pick the best affirmation for you. Purchase an affirmation stone to enhance what you are affirming in your life by having a visible reminder. Free. 734-644-6943. Harmony2c.com/affirmation-stones.

**Tiny Lions Lounge & Adoption Center (TLC)** – 12-7pm, Wed-Sun. Offers feline-friendly activities with kittens and cats available to take home. 5245 Jackson Rd, Ste A1, 734-661-3575. TinyLions.org.

**Naturally Purifying and Supercharging Your Body Podcast** – 7-7:45pm. Matthew Hazen is the owner of Human Consciousness Support, a company that produces a unique nutraceutical product called MasterPeace. Free. buzzsprout.com/1206776/14236700.

## WEEKLY

**Yoga with Crysterra Wellness** – Variety of classes Tues-Thurs. Cost varies. For schedule & details: CrysterraWellness.com.

**Stop Sabotaging Your Self-Care** – Christy DeBurton will guide you on a journey of self-discovery to examine the obstacles that stand in the way of you taking better care of yourself. 4-wk self-paced online course. \$79 (regular \$149). Yoga Room, 889 Honey Creek Dr, Ann Arbor. Info@ChristyDeBurton.com. YogaRoomAnnArbor.com/online-courses-self-care.

## SUNDAYS

**Bach Flower Remedies Level 1 Live Web** – 3rd Sun. Learn how to use the 38 Bach flower remedies to help yourself and others conquer fear, worry, overwhelm, low self-esteem, lack of focus, poor concentration, trouble sleeping and more. With Nancy Buono, BFCP, Director of Bach Flower Education. BachFlowerSchool.com.

**Hudson Valley Humane Society Rescue Reading** – 10am-12pm. Includes humane education lessons, group read-aloud and dog meet-and-greet. Drop-off event. \$10; space limited. HSHV.org/RescueReading.

**Clearing Meditation** – 11am. 4th Sun. Each person gets one question answered for healing an issue. In person. Troy. RSVP required: 248-789-1980.

**Online Meditation from Anywhere** – 11am-12pm. Building an international sangha by connecting loving hearts. Donations welcome. To receive a link: CelesteZygmunt2@yahoo.com or DeepSpring.org.

**Sunday Talk with Demo Rinpoche** – 11am-12pm. Jewel Heart Tibetan Buddhist Learning Center, 1129 Oak Valley Dr, Ann Arbor. 734-994-3387. JewelHeart.org.

**Common Cycle Bike Repair Sessions** – 11am-3pm. Learn about bike repair, share tools and build a sense of community. Volunteers ready to assist with maintenance issues or personal projects. 416 W Huron St, Ste 11, Ann Arbor. 734-619-0907. CommonCycle.org.

**Inspiring Talk by Mata Yogananda** – 7pm. Spiritual talk, pure meditation and silent prayer, with Winged Prayer for all in need at 9pm. Free. Self-Realization Meditation Healing Centre, 7187 Drumheller, Bath. 517-641-6201. SelfRealizationCentreMichigan.org.

## MONDAYS

**Weekday Morning Online Meditation** – Mon-Fri. 7:30-8am. Insight Meditation Ann Arbor offers a 30-min online group sitting via Zoom. Free; donations gratefully accepted. InsightMeditationAnnArbor.org.

**Beginner Tai Chi** – 10-11:15am. A series of postures linked together in a fluid manner. Focuses on relaxation in motion, balance and the mind/body connection. Can attend one or both sessions per week (Mon morning &/or Thurs evening). \$195. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. PeacefulDragonSchool.com.

**Soul Power Mystic Arts** – 5pm. 2nd Mon & Wed. Re-claim the real you, hear your evolutionary calling and cultivate the nature mystic within through 4 retreats, individual training, self-acceptance process, nature qigong, plant ally ceremonies and body-ecology psychology. Sliding scale. Mother Bear Sanctuary, 20470 Barton, Pinckney. 734-796-6690. MotherBearSanctuary.com.

**Meaningful Mondays** – 8pm. SevaLight Retreat Centre warmly welcomes everyone, of all faiths, meditation practices and traditions, to join us virtually. Will gather on video conference sharing in song/chants and inspiring readings from Mata Yogananda Mahasaya Dharmaji's writings, followed by Pure Meditation and silent prayer. Free. Email by 10am any Mon to receive the info about how to join by video: Info@SelfRealizationCentreMichigan.org.

## TUESDAYS

**Senior Discount Tuesdays: Castle Remedies** – Customers over the age of 65 can receive a 10% discount on their in-store purchases. In the Parkway Center, 2345 S Huron Pkwy, Ann Arbor. 734-973-8990. CastleRemedies.com.

**Online Meditation from Anywhere** – 9-9:30am. Building an international sangha by connecting loving hearts. Donations welcome. To receive a link: CelesteZygmunt2@yahoo.com or DeepSpring.org.

**Hypnotherapy** – 9:30am-7pm, by appt. Also Wed. Cheryl Beshada teaches and specializes in personal empowerment, releasing blocks and patterns of negative behavior, higher self-communication. Free consultation. Warren. 586-899-9009.

**5 Hidden Gems in Your Normal Blood Work** – 8-9pm. 3rd Tues. Join Dr. Jena for her Bloodwork Webinar and learn 5 hidden gems that can help you go from unhealthy to healthy. Free. BigBeautifulChiropractic.com.

## WEDNESDAYS

**Get the Most from Your DNA Test** – 6-8pm. Learn what you can do with your results and what additional opportunities are available for discovering your genetic genealogy. Understand the science, how to find information and how to share that information.

Course 39651. \$59. Washtenaw Community College, 4800 E Huron River Dr, Ann Arbor. 734-677-5060. [wccnet.edu/honcredit](http://wccnet.edu/honcredit).

**Your Lipid Panel: What Bad Cholesterol Really Means** – 8-9pm. 3rd Wed. Grab your latest bloodwork and let's dive into your bloodwork and let me teach you how to look for hidden answers. Free. BigBeautifulChiropractic.com.

## THURSDAYS

**Class Observation** – 11-11:45am. Ann Arbor School of Massage, Herbal and Natural Medicine, 3684 W Liberty Rd, Ann Arbor. RSVP: 734-769-7794. [NaturopathicSchoolOfAnnArbor.net](http://NaturopathicSchoolOfAnnArbor.net).

**Qigong: Basics** – 11:15am-12:15pm. Class introduces participants to basic self-care stretches, breathing, meditations and self-acupressure for reducing muscle tension, increasing mindfulness, and revitalization. \$180. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. [PeacefulDragonSchool.com](http://PeacefulDragonSchool.com).

**Beginner Tai Chi** – 6-7:15pm. A series of postures linked together in fluid manner. Focuses on relaxation in motion, balance and the mind/body connection. Can attend one or both sessions per week (Mon morning &/or Thurs evening). \$195. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. [PeacefulDragonSchool.com](http://PeacefulDragonSchool.com).

**Thursday Hills of Ann Arbor** – 6:30pm. We ride some of the best hills A2 has to offer. A/B/C: 10-40 miles. Start at Wheels in Motion, 3402 Washtenaw Ave, Ann Arbor. [WheelsInMotion.us](http://WheelsInMotion.us).

**Thursday Evening Silent Meditation** – 6:30-8:15pm. With Insight Meditation Ann Arbor. Free; donations gratefully accepted. Zion Lutheran Church, 1501 W Liberty St, Ann Arbor. 734-994-4455. [InsightMeditationAnnArbor.org](http://InsightMeditationAnnArbor.org).

**Mindful Dexter** – 7:30-8pm. 3rd Thurs. A short 30-min guided meditation that is a simple and practical mid-month mindfulness tune-up that you can access from wherever you are. Zoom. [Tinyurl.com/mindfuldexter](http://Tinyurl.com/mindfuldexter).

**The Thyroid Panel: Get the Real Story of What's Happening with Your Thyroid** – 8-9pm. 3rd Thurs. Learn how to find hidden answers in the bloodwork that you already have so that you can finally get some answers as to why you feel the way you do. Free. BigBeautifulChiropractic.com.

## FRIDAYS

**Online: Prayer Power Hour** – 12-12:30pm. Prayer changes things. Our goal is simple: to love you, pray for you and introduce you to our loving Creator, the Great Healer. Free. [Tinyurl.com/PrayerPowerHour](http://Tinyurl.com/PrayerPowerHour).

## SATURDAYS

**Vintage Alley: 20+ Unique Vendors** – Thru Oct. 9am-4pm. Vintage jewelry, clothing, furniture, home goods and more. Original art and prints available. Always something new and exciting. 1515 Division St, Detroit. 313-666-0060.

**Mindful Dexter** – 9:30-10:30am. 2nd Sat. Includes a 25-30-min guided meditation, a few minutes of silent meditation, followed by time for comments/questions and a discussion on a mindfulness topic. Dexter Library, 3255 Alpine St, Dexter. 734-476-8474. [Tinyurl.com/mindfuldexter](http://Tinyurl.com/mindfuldexter).

**Pregnancy, Childbirth, Postpartum and Baby Classes** – 6-7pm. Classes are held virtually online led by our top AID instructors utilizing state of the art visual aids and activities to keep it fun and engaging while presenting the latest evidenced based material on each topic. \$35/class. [Childbirth-Classes.com](http://Childbirth-Classes.com).

## Classifieds

### SPACE AVAILABLE

**MASSAGE/BODYWORK ROOM FOR RENT WEST SIDE ANN ARBOR** for licensed massage and bodywork therapists. Income potential; accommodate 8-12 sessions a day; \$2,400-\$3,800/month income. Saturday through Wednesdays, rent dependent on days taken. Security deposit. required. 3-6 -month agreement length with renewal options. Free parking right outside building, no stairs, ground floor, ADA-accessible, quiet, furnished, supportive surroundings. This is a lightly shared space in an ongoing massage therapy business. Plenty roomy with table, seating, shelving, and nice big window bringing in natural light. Call Mary Light, 734-769-7794.



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with the flower next to it.  
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## Acupuncture

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2350 Washtenaw Ave, Ste 10, Ann Arbor  
734-302-7300  
EmanueleAcupuncture.com



Rosanne Emanuele is the sole Japanese-style acupuncturist in Michigan. Her main focus is the highly effective Kiiko Matsumoto palpatory style where acute and chronic conditions improve. She draws from 26 years of practice. Clients enjoy the results they achieve from her individually assessed treatment. Her easy friendly manner makes her skill seem casual and second nature.

## Alternative & Complementary Medicine

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Clinically certified aromatherapist offers holistic consultations with customized blends of professional quality essential oils. Trust Margo to help you understand the complicated world of aromatherapy. Her

holistic approach can help you maximize your benefits from this powerful therapy and minimize side effects. Aromatherapy is a wonderful way to integrate natural healing into your life. Phone consultations are available.



## Biological Dentist

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Dr. W. K. Dobracki, DDS  
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AnnArborsDentist.com



Passionate about holistic care while utilizing Bio-Compatible materials and lasers. Our patients can elect to be free from fluoride, mercury and other harmful metals. Filling materials are tooth colored and both BPA & Bis-GMA free. We offer natural oral health products using fine essential oils, and free of gluten and preservatives. See ad page 3.

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**Miraculous Energies**  
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multiple bio-active life-enhancing energy fields, including scalar waves and a morphogenic energy field, also known as scalar vortex. When combined with light as biophotons, it can interface with the body's DNA matrix and promote wellness. See ad page 17.

The EESys-tem combines Body, Mind, Spirit and Science. This system generates

## Holistic Doctor

### DR. MALCOLM SICKELS, M.D.

210 Little Lake Dr, Ste 10, Ann Arbor  
734-332-9936  
DrSickels.com



Malcolm Sickels earned his M.D. from the University of Michigan, where he taught fellow medical students about different approaches to health.

Board certified in Family Medicine and Holistic Medicine, he is in solo practice on the west side of Ann Arbor. Learn more at Dr.Sickels.com. See ads, pages 8 and 15.

## Holistic Mental Wellness

### CENTER FOR INTEGRATIVE COUNSELING

Karen Kerr, LMSW  
2010 Hogback Road, Ste. 6E, Ann Arbor  
734-660-5610  
Karen8Kerr@gmail.com  
KarenPKerr.com

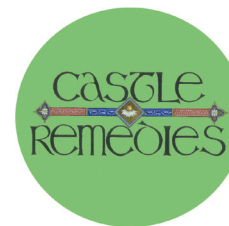


In offering a caring, collaborative and supportive experience, I draw upon a holistic approach with a rich variety of practices designed to deepen awareness, uplift mood, manage stress and develop a stronger sense of self-worth, purpose, connection and joy in life.

## Homeopathic Pharmacy

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Serving Michigan for nearly 40 years. Castle Remedies offers over 1,000 homeopathic remedies as well as herbs, essential oils, flower essences, books, unique gifts and jewelry. We carry top-tier nutritional sup-

plement brands such as Metagenics, Ortho Molecular, Xymogen, Integrative Therapeutics, Karuna, NOW, and more. Classes available online. See ad page 13.



## Lymphatic Bodywork/ Reiki

### ELEVATE MIND & BODYWORK

Sarah Girard BS, LMT  
1140 N. Wagner Rd., Ann Arbor  
SarahGirard.Lmt@gmail.com  
Elevate.MassageTherapy.com



Take your wellness & spiritual journey to the next level. Sarah combines traditional "medical" Manual Lymphatic Drainage techniques with Reiki healing, breathing guidance, visualization & intuitive listening.

All sessions are heart-centered, gentle, and geared towards radical self-love. Request an appointment today.

## Mold Testing & Remediation

### MOLDPRO

John Du Bois, CMI, CMR  
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MoldPro offers chemical-free mold remediation, independent certified mold testing, inspection and consultation services all over SE Michigan specializing in mold biotoxin illness clients.

## Nature-Oriented Meeting Space

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MFCenter.org/rent



We offer the holistic community a nature-oriented meeting space for workshops, meetings, counseling, yoga, youth groups and family gatherings. Main room accommodates 100, with two smaller classrooms and kitchen facilities. Hiking trails. Weekend rates range from \$200-\$400, additional for extensive grounds use, camping. See ad page 15.

## Neurofeedback

### NEW MOON NEURO

105 E. Middle Street, Chelsea  
734-210-1922  
NewMoonNeuro.com



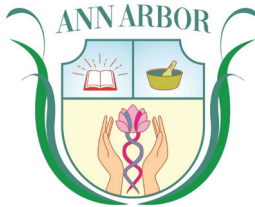
Located within AL-CHEMY Holistic Collective, New Moon Neuro is the area's only IASIS Micro Current Neurofeedback Provider. Find lasting support for anxiety, depression, ADHD, insomnia, OCD, ad-

diction, TBI, migraines, pain issues and more - for the entire family. See ad page 9.

## School/Education

### ANN ARBOR SCHOOL OF MESSAGE, HERBAL & NATURAL MEDICINE

734-769-7794  
NSHAAssociates@gmail.com  
NaturopathicSchoolOfAnnArbor.net



SCHOOL OF MESSAGE, HERBAL &  
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Massage therapy training is a one-year program that fulfills the 717-hour, state-licensed professional training with the required 80 hours of clinical internship. The rate for scheduled, Tuesday through Friday appointments at our student massage clinic is \$50/hr.

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ad page 9.

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## Tai Chi & Qigong

### PEACEFUL DRAGON SCHOOL

1945 Pauline Blvd, Ste B, Ann Arbor  
734-741-0695  
PeacefulDragonSchool.com



Tai chi promotes relaxation, is a meditation in motion and is known for increasing balance. Qigong means energy. This class includes Wild Goose Form, stretching, meditation and self-acupressure.

## Weight Loss

### FREE AT LAST! HYPNOSIS CENTER - A JOYFUL JOURNEY

734-883-8775



ed. See ad page 9.

Lose weight now with hypnosis. Achieve permanent positive life and habit changes through our safe, rapid and effective system. Tap the potential of your mind to create the health and vitality you've always wanted.

## Wellness Centers

### CRYSTERRA WELLNESS

3173 Baker Rd, Dexter  
734-649-1849  
CrysterraWellness.com



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step of the way with reflexology, reiki, lithography and yoga.

### THRIVE! WELLNESS CENTER

148 S. Industrial Dr. Saline  
734-470-6766

Thrive-Wellness-Center.com



Shannon Roznay, DC, specializes in Nutrition Response Testing and Activator Chiropractic. Thrive! also carries natural foods, skin and home products. See ad page 23.



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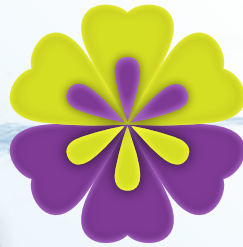
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**Dr. Joseph Ladapo**  
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## Dr. Chi Fingernail and Tongue Analysis Clinics

**Monday, Sept. 16<sup>th</sup> thru Thursday, Sept. 19<sup>th</sup> | 9:00 - 5:00 PM**

You do not have to be a Wycoff Wellness Patient to see Dr. Chi. Anyone is welcome to book an appointment and all ages are encouraged to make an appointment with Dr. Chi!



## FREE Seminar

Hosted by Dr. Chi  
and Wycoff Wellness

**Fingernail and Tongue Analysis with Dr. Chi!**

**Tuesday, September 17<sup>th</sup>, 2024 | 6:00 - 8:00 PM**

**Wycoff Wellness Center | 1226 Michigan Ave. | East Lansing**

Please confirm your seat and attendance by contacting the office at 517.214.1327!

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